

POOR MAN'S COOKBOOK



Old-Fashioned Country
Cooking for Today's Budget

BY GEORGE COOK

Poor Man39s Cookbook By Cook George A Cook George

Mrs. Mary E. Wilkinson



Poor Man's Cookbook By Cook George A Cook George:

The Poor Man's Cookbook George A. Cook, 1995 Guaranteed to help you get the most out of your food dollar Poor Man's Cookbook couples advice on everything from buying bulk goods to thawing and cleaning foods safely with recipes for simple and inexpensive dishes like Leftover Mashed Potato Patties and Country Boy Corn Pudding [A Cook Book for the Poor, the Rich, the Sick, the Well](#) Mrs. Mary E. Wilkinson, 2016-11-12 Excerpt from A Cook Book for the Poor the Rich the Sick the Well A Reform From the Old Wasteful Methods to the Saving Scientific and Nourishing Ones My first object is to give a partial idea of scientific cooking whereby many may know how to improve their health and prevent kidney and stomach trouble of which a great percentage is caused by not knowing what we should eat and how it should be cooked While I have taken a course in the three branches of cooking Invalid Plain and Fancy I sorely feel the lack of ability or power to impart the knowledge which I found that I so much needed and which is needed in homes everywhere However I will do my utmost to give others the benefit of my experience A second object of this little book is to help young housekeepers of only moderate means to plan and cook meals that will nourish the system and still manage the financial part so as to save a husband's hard earned money which should be one of the aims of all conscientious thrifty housewives A third object is to enable those who never have been able to save on their table to do so easily with very little study A few menus and rules will be given About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works *A Cook Book for the Poor, the Rich, the Sick, the Well*, 1910 **A Cook Book for the Poor, the Rich, the Sick, the Well;** Mary E (McNamara) Mrs] [Wilkinson, 2023-07-18 This cook book provides a wide range of recipes that are suitable for people from all walks of life from the poor to the rich and from the sick to the well It includes recipes for all kinds of dishes from soups and stews to cakes and desserts making it an essential resource for anyone interested in cooking This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work is in the public domain in the United States of America and possibly other nations Within the United States you may freely copy and distribute this work as no entity individual or corporate has a copyright on the body of the work Scholars believe and we concur that this work is important enough to be preserved reproduced and made generally available to the public We appreciate your support of the preservation process and thank you for being an important part of keeping this knowledge alive and relevant

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